

Claims Amendments and Claims Listing:

1. (Currently Amended) An exercising and physiotherapy system, comprising:

a frame defining a space within which a user can stand and is positioned for exercising,

a collection of flexible bars, essentially straight when unflexed and sufficiently flexible to bend when engaged in exercising movements by a user, including bars in a range of different stiffnesses,

the frame having bar support means for receiving and holding the bars, by engaging the bars near both ends of the bars, and for allowing the bars to pull and slide inwardly relative to the frame as the bars are flexed during use, and

the bar support means being in a plurality of locations on the frame for selectively positioning one or more bars in a multiplicity of different locations at different selected heights and different selected positions along a length of the frame for a plurality of different exercises for different exercising users.

2. (Original) The system of claim 1, wherein the bar support means provides for receiving and holding the bars in both vertical and horizontal bar positions.

3. (Currently Amended) The system of claim 1, wherein the flexible bars are formed of a hard plastic material.

4. (Currently Amended) The system of claim † 3, wherein the plastic material is acetal.

5. (Original) The system of claim 1, wherein the bar support means comprises upright bar support frame members having series of holes into which the two ends of a bar are placed, such that two holes retaining a bar are positioned at corresponding locations at opposite sides of the frame.

6. (Original) The system of claim 5, wherein the holes in the bar support frame members have beveled or rounded edges so as to prevent scraping and abrasion of the surface of the bar during use in exercising.

7. (Currently Amended) The system of claim 6, wherein the bars are formed of a hard plastic material.

8. (Original) The system of claim 5, wherein the bars have enlarged heads on their ends, smaller than the holes in the frame members so as to be insertable into the holes but substantially

retaining the bar in the frame during exercising use.

9. (Original) The system of claim 8, wherein the heads on the bars are only slightly smaller than the holes in the frame members, such that when a bar is in use and flexed under the force of an exercise, the bar will not pull out of the holes due to an obliquely angled position of the end of the bar in the hole, preventing the head from pulling through the hole.

10. (Original) The system of claim 8, wherein the collection of flexible bars have varying flexibility, in a range permitting from about 1 pounds force applied at the middle of a bar when supported in the frame to obtain a three inch deflection at the middle, to about 400 pounds force applied at the middle of a bar when supported in the frame to obtain a three inch deflection at the middle.

11. (Currently Amended) The system of claim 5, wherein ~~the upright frame members comprise vertical bar support members having series of hubs along their lengths, the upright bar support frame members extending between horizontal frame members of the frame and being are~~ adjustable in position along the length of the horizontal frame members.

12. (Currently Amended) The system of claim 11, wherein

the vertical upright bar support frame members are slidably fitted between the horizontal frame members so as to permit horizontal sliding adjustment, and including releasable fastener means at one end of each moveable vertical elongated member, to lock the elongated member in a selected position.

13. (Original) The system of claim 12, wherein the vertical bar support members have slide brackets at top and bottom ends of the vertical bar support members, the brackets being channel-shaped with channels open upwardly at tops of the bar support members and downwardly at bottoms of bar support members, and with the channels engaged over edges of the horizontal frame members so as to permit such horizontal sliding adjustment.

14. (Original) The system of claim 13, wherein the releasable fastener means comprises set screws with hand-operable knobs, the set screws being received in threaded holes in the slide brackets so as to engage against the horizontal frame member when tightened.

15. (Original) The system of claim 12, wherein the releasable fastener means at one end of each moveable vertical bar support member comprises at least one set screw connected to

a knob and rotatable in a threaded hole of the vertical bar support member, to engage against one of said horizontal frame members when the knob and said screw are tightened.

16. (Original) The system of claim 8, wherein at least some of the bars further include an enlarged disc spaced inward of the enlarged head relative to the bar, at least near one end of the bar, the enlarged disc at one end of the bar being larger than said holes so as to block the bar from extending more deeply into a hole than the position of the disc.

17. (Original) The system of claim 16, including said discs spaced inwardly from both ends of the bar.

18. (Original) The system of claim 16, wherein the bar support means provides for holding the bars in both vertical and horizontal bar positions, the frame including horizontally extending frame members having holes for receiving the bars in vertical position, and the discs supporting the bars from dropping further into the hole beyond the discs.

19. (Original) The system of claim 1, wherein the bar support means provides for holding the bars in both horizontal and vertical positions, the frame including horizontal bar

support frame members having holes for receiving ends of the bars between spaced apart pairs of horizontal bar support frame members so as to permit exercising with one or more vertically positioned bars.

20. (Original) The system of claim 19, wherein the horizontal bar support frame members with holes are positioned such as to permit exercising the hands and arms with the user in a standing position.

21. (Original) The system of claim 1, further including a foot platform for supporting the weight of a user, the foot platform being connected to two of said flexible bars, said two bars being supported near their ends by the frame.

22. (Original) The system of claim 1, further including an angled foot platform secured to the frame, near an end of the frame, tilted toward said space defined by the frame, to facilitate certain exercises wherein the user's body is in an oblique or generally horizontal position.

23. (Currently Amended) The system of claim 1, wherein some of the bars ~~are sufficiently stiff as to~~ can support the full weight of a user with the bar suspended on the frame between bar

support means at opposed ends of the bar.

24. (Currently Amended) The system of claim 5, wherein the upright bar support frame members comprise vertical bar support members having series of holes, the vertical bar support members extending between horizontal frame members of the frame and being are adjustable in position along the length of the horizontal frame members, and the horizontal frame members providing at least two different levels in which the vertical bar support members are connected.

25. (Original) The system of claim 24, wherein the horizontal frame members provide three levels where the vertical bar support members are connected.

26. (Original) The system of claim 1, wherein the frame is at least about six feet in height and at least about four feet in width as measured between bar support means at opposing sides of the frame.

27. (Original) The system of claim 26, wherein the frame is at least about seven feet in height.

28. (Original) The system of claim 1, including pairs of

flexible bars of substantially equal stiffness.

29. (Currently Amended) The system of claim 5, including a sufficient number at least four of said upright bar support frame members, to enable exercises in which the flexible bars are positioned on each side of a person during exercising.

30. (Original) The system of claim 29, including at least about twelve of the upright bar support frame members, each said bar support member having at least about six holes for different bar positions.

31. (Withdrawn) A method for exercising a person using a frame which defines a space within which the person is positioned for exercising, comprising:

selecting at least one bar from a series of flexible bars which yield and bend significantly during exercising, the bars being of a series of different flexibilities,

supporting the bar or bars on the frame, by engaging the bars on the frame near both ends of the bars, allowing the bars to pull inwardly relative to the frame with a minimum of friction as the bars are flexed during use, and

exercising the person by the person's standing within the space defined by the frame and gripping at least one of the

flexible bars with at least one hand, and performing an exercise by applying force to and bending the at least one bar repetitively.

32. (Withdrawn) The method of claim 31, with the person in a standing position, lifting most of the person's weight using the arms while bending the at least one flexible bar.

33. (Withdrawn) The method of claim 31, with the person in a standing position, and with at least two bars extending vertically in the frame, with the person moving the bars toward and away from each other.

34. (Withdrawn) The method of claim 31, wherein the frame includes an angled, high-friction foot platform, with the person engaging the feet against the foot platform and the person being positioned at an oblique angle within the space defined by the frame, while performing push-ups with the hands gripping said one flexible bar.

35. (Withdrawn) The method of claim 31, with the person gripping two parallel flexible bars with the hands, standing between the two parallel bars, and shrugging the shoulders up and down to bend the bars for exercising resistance.

36. (Withdrawn) The method of claim 31, including positioning flexible bars both behind and in front of the exercising person, and including the person's pushing one flexible bar forward with the hands while bracing the back of the person against the other flexible bar.

37. (Withdrawn) The method of claim 31, including placing two flexible bars in the frame, one lower bar positioned to be engaged against the back of the person and the other upper bar positioned higher for gripping by the hands of the person, and including arching the back and leaning back against the lower bar while pulling on the other bar with the hands to raise the body, and then lowering the body, to thus slide the back on the lower bar between the lumbar and upper thoracic areas of the spine, thus placing linear traction in an extended mode on the lumbar spine and tending to alleviate hyperkyphosis.

38. (Withdrawn) The method of claim 31, including exercising with at least two of the flexible bars positioned in the frame, the hands being placed on one bar and the other bar being against the back or torso.

39. (Withdrawn) A method for exercising using flexible, bendable bars retained in a frame, comprising:

selecting from at least one bar from a series of flexible bars which yield and bend significantly during exercising, the bars being of a series of different flexibilities,

placing the bar or bars in the frame such that the bar or bars are suspended near both ends of each bar,

the user standing on a foot platform which is suspended resiliently from the frame while gripping at least one of the flexible bars with the hands, and exercising by deflecting the bar or bars while at least partially lifting the weight of the user and while standing on the resiliently suspended platform.

40. (Withdrawn) The method of claim 39, wherein the exercise comprises a pull-up exercise using a single flexible bar.

41. (Withdrawn) A method for exercising using flexible, bendable bars retained in a frame, comprising:

selecting at least one bar from a series of flexible bars which yield and bend significantly during exercising, the bars being of a series of different flexibilities,

placing two of the flexible bars vertically and spaced apart in the frame, supported in the frame near their ends, and

in a standing position, the exercising user's placing the hands on the two spaced apart flexible bars and flexing the bars

toward one another and away from one another to exercise arm and shoulder muscles.

42. (Withdrawn) The method of claim 41, further including placing a platform on the frame, resiliently suspended on the frame, and the exercising user's running in place on the platform simultaneously with flexing the vertically oriented bars.